



# **Hopewell Valley Regional School District**

## **Family Mental Health Services and Support Organizations Reference Guide**

### **ACCESSING PERFORMCARE AND MOBILE RESPONSE:**

#### **Perform Care (Mobile Response) - (877) 652-7624**

Assists in helping families connect with services pertaining to behavioral health, intellectual and developmental disability, and substance use and treatment. PerformCare is the single point of entry to the New Jersey Children's System of Care (CSOC) for services such as *Care Management Organizations (CMOs), Mobile Response, and Family Support Organizations*. The CSOC helps professionals and families connect to healthy supports in their communities and counties.

*\*Available 24/7*

*\*Accepts Insurance and Medicaid coverage*

### **OUTPATIENT MENTAL HEALTH FACILITIES/NON-EMERGENCY NEEDS:**

#### **Mercer County Family Supports Organization (FSO)**

3535 Quakerbridge Rd,

IBIS Plaza, Suite 400, Hamilton, NJ 08619, us

General Number: 609-586-1200

Website: Mercer County Family Support Organization - Home ([mercerfso.org](http://mercerfso.org))

*Mercer County Family Support Organization (FSO), is a non-profit 501 c 3 organization committed to providing support, education and advocacy to families of children with Emotional, Behavioral and Mental Health Challenges, including ID/DD and Substance Abuse.*

#### **Children's Specialized Hospital**

3575 Quakerbridge Road

Hamilton, NJ 08619

General Number: 1-888-244-5373 (after language prompt, press #1 for outpatient therapy services & scheduling appointments)

<https://www.childrens-specialized.org/>

*From infant to 17 years old. Currently accepting new patients. Most mental health services are virtual at this time, some evaluations are done in person. Most commercial insurance including Medicaid is accepted.*

#### **Rutgers University Behavioral Health Care (UBHC) Access Center**

1-800-969-5300

<https://ubhc.rutgers.edu/clinical/call-center/access-center/overview.xml>

**All Access Mental Health**

819 Alexander Road

Princeton, NJ 08540

(609)-452-2088

\*Accepts Medicaid Only

<https://www.aamh.org/>

**Oaks Integrated Care**

Locations: Lawrenceville and Trenton, NJ

Access Center: 1-800-963-3377

<https://oaksintcare.org/>

*In-home and in-community support for children, adults and families living with a mental illness, addiction or developmental disability. Services include counseling, outreach, consultation, psychoeducational groups and workshops, and advocacy.*

**Center for Counseling Services, LLC**

850 Bear Tavern Road, Suite 305

West Trenton, NJ, 08628

(609) 771-0444

<https://centerforcounselingservices.com>

**Insights Training and Counseling Services, LLC**

3 Third Street

Bordentown, NJ 08505

908-675-5699

<http://insightscounselingllc.com/>

**Alexander Road Associates**

707 Alexander Road

Building 2, Suite 202

Princeton, NJ 08540

(609)-419-0400.

[https://www.araprinceton.com/Home\\_Page.html](https://www.araprinceton.com/Home_Page.html)

*Counseling, psychiatric and psychological services provided all virtually for children, adults and families.*

\*Out of Network Benefits

**Institute for Personal Growth**

90 West Main Street

Freehold, NJ 07728

1-800-379-9220

<https://ipgcounseling.com/about-us/>

\*Out of Network Benefits

**Princeton Family Institute**

166 Bunn Drive, Suite 105

Princeton, New Jersey 08540

609.921.2551

[www.princetonfamily.com](http://www.princetonfamily.com)

\*Does not accept insurance; one provider accepts Medicaid/sliding scale

**It Takes a Family**

2500 Brunswick Pike  
Lawrenceville, NJ 08648  
(609) 583-4177

<https://www.mercerresourcenet.org/search/it-takes-a-family/>

**Comprehensive Mental Health**

100 Straube Center  
Pennington, NJ 08534  
(609) 737-7797

<http://www.comprehensivementalhealth.net>

**The Center for Integrative Wellness at The College of New Jersey**

The College of New Jersey  
Forcina Hall, Room 124  
Ewing, NJ 08628-0718  
(609) 771-2700

<https://ciw.tcnj.edu/mental-health-services/>

*Individual and family therapy (offering sliding scale)*

**SEED Counseling Services**

1 Vanderveer Drive  
Lawrenceville, NJ 08648  
(609) 647-0714

<https://seedcounseling.com/>

**Stepping Stones Psychological Services of Princeton**

122 Commons Way  
Princeton, NJ 08540  
908-907-0693

<https://www.steppingstonespsych.com/>

**Behavior Therapy Associates**

Behavior Therapy Associates, P.A.  
35 Clyde Road, Suite 101  
Somerset, NJ 08873  
732.873.1212 (phone)  
732.873.2584 (fax)

[info@behaviortherapyassociates.com](mailto:info@behaviortherapyassociates.com)

**Dr. Zachary Noble**

709 Newtown Bypass Unit 1, Langhorne, PA 19047  
Phone: (267) 563-8185

**PARTIAL HOSPITALIZATION (PHP - full day treatment facility) AND INTENSIVE OUTPATIENT PROGRAMS (IOP - after school program, depending on age; 3-5 days per week):**

**Princeton House**

300 Clocktower Dr., Suite 101

Hamilton, NJ 08690

General Admissions: 888.437.1610

Local Number: 609.688.2788

<https://www.princetonhcs.org/care-services/princeton-house-behavioral-health>

**GenPsych**

932 State Road

Princeton NJ 08540

855 436-7792

<https://www.genpsych.com/>

**TeleHealth**

TalkSpace - online/text/email/video counseling services

<https://www.talkspace.com/>

**BetterHelp** - online/text/video/email counseling services

<https://www.betterhelp.com/start/>

**TC TeenCounseling: Online counseling for teens specifically**

<https://www.teencounseling.com/>

**GRIEF:**

**Good Grief**

Princeton Location:

12 Stockton Street

Princeton, NJ 08540

(609) 498-6674 x8013

<http://www.good-grief.org/>

**Imagine**

(908) 264-3100

<http://imagineNJ.org/>

**Grief Speaks**

<http://www.griefspeaks.com/>

**NJ Department of Education - Grief, Loss and Emotionally Supportive Resources for Students (Related to COVID-19)**

<https://www.nj.gov/education/broadcasts/2020/dec/16/Grief%20and%20Loss%20Resources%20to%20Help%20Support%20Students.pdf>

## **EMERGENCY CRISIS SERVICES:**

### **Capital Health Emergency Mental Health Services (formerly Helene Fuld)**

750 Brunswick Avenue, Trenton, NJ

Hotline: (609)-396-4357 (24hr. hotline)

Main Line: (609)-396-6722 or (609)-394-6086

Website: [Emergency Mental Health Services](#)

*"Our emergency walk-in program, located at Capital Health Regional Medical Center, provides individuals with the ability to request an assessment by a psychiatric counselor at the time of their crisis, 24 hours a day, seven days a week."*

### **Penn Medicine Princeton Health**

1 Plainsboro Road, Plainsboro, New Jersey 08536

Direct (Behavioral Health) Line: (609) 853-7730

General #: (609) 853-7000

**Rutgers Acute Psychiatric Services (APS) and Behavioral Health University (BHU)** - For assistance with concerns regarding self-harm or suicidal ideation, APS provides psychiatric screening and intervention services for children, teens, and adults. APS is open 24 hours/7 days a week.

671 Hoes Lane West, Piscataway, NJ 08854

Main Line: 1-855-515-5700

Website: [Behavioral Health | Rutgers Health](#)

## **SUICIDE PREVENTION RESOURCES:**

### **National Suicide Prevention Lifeline**

1-800-273-8255 | <https://suicidepreventionlifeline.org/>

*"The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals."*

### **New Jersey Suicide Prevention Hopeline**

1-855-654-6735 | <https://njhopeline.com/>

*"Whatever you're going through, feeling, or thinking, we are here to listen and support you. Don't face it alone."*

### **The Trevor Project**

1-866-488-7386 | <https://www.thetrevorproject.org/>

*"The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25."*

### **2NDFLOOR NJ's Youth Helpline**

1-888-222-2222 | <https://www.2ndfloor.org/>

*"2NDFLOOR is a confidential and anonymous helpline for New Jersey's youth and young adults. We are here to help you find solutions to the problems that you face and we are available 24 / 7 / 365"*

### **Perform Care Mobile Response**

1-877-652-7624 | <https://www.performcarenj.org/families/>

*"Through the New Jersey Children's System of Care, PerformCare connects young people and their families statewide to the care they need to be well."*

### **HVRSD Student Assistance Program**

609-737-4003 x3539 | <https://sites.google.com/hvrzd.org/hvchsstudentassistance/>

*"The SAP seeks to help all students, based on their level of need, to become healthy and productive while providing them the skills to prevent and address substance use and mental health challenges."*

**\*\* Includes recording of Dr. Velderman's parent presentation, "[Helping Your Child Save a Life](#)" (Feb, 2021)**

### **HVRSD Confidential Tip Line**

609-737-4000 x8477 (TIPS) | [tips@hvrzd.org](mailto:tips@hvrzd.org)

*Our anonymous tip line is also available to alert us regarding any concern you may have about a student.*

## **ADDITIONAL HELPFUL RESOURCES:**

### **Mercer County Resource Net**

General Website: <http://www.mercerresourcenet.org/>

About Us: <https://www.mercerresourcenet.org/about/about-us/>

*\*Administered by Capitol County Children's Collaborative; Care Management Organization (CMO) for Mercer County*

### **Division of Child Protection and Permanency (DCPP) (877)-NJ ABUSE**

Mercer North LO- #673 Mercer South LO- #669

3131 Princeton Pike 120 S. Stockton St., 2<sup>nd</sup> Floor

Building 6, Suite 202 P.O. Box 717

Lawrenceville, NJ 08648 Trenton, NJ 08625

Local Office: 609-530-7200 Local Office: 609-292-5100

Fax: 609-530-0203 Fax: 609-633-9602

Manager - Michelle Kennedy Manager- Adela Lopez

## **ADDITIONAL MENTAL HEALTH RESOURCES:**

[American Academy of Child & Adolescent Psychiatry](#)

[American Academy of Pediatrics](#)

[American Psychological Association](#)

[Anxiety Disorders](#)

[Good Grief](#)

[Mental Health and Wellness Resources for Young Adults](#)

[National Eating Disorders Association](#)

[New Jersey Children's System of Care](#)

[Non-suicidal Self-injury \(Mayo Clinic\)](#)

[Non-suicidal Self-injury \(Cornell University\)](#)

[Obsessive Compulsive Disorder](#)

[Practical Strategies for Parenting a Suicidal Teen](#)

[Society for the Prevention of Teen Suicide](#)

[Substance Abuse and Mental Health Services Administration](#)